

ABSTRACT OF THE DISCLOSURE

5 A slidably movable member such as an adjusting shim  
used in a valve operating mechanism of an internal combustion  
engine of an automotive vehicle. The slidably movable member is  
used in contact with lubricating oil and comprises a substrate. A  
hard carbon-based film is coated on a surface of the substrate. The  
hard carbon-based film has a surface section which contains at least  
one of nitrogen and oxygen in an amount ranging from 0.5 to 30 at%  
and/or hydrogen in an amount of not more than 10 at%.

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